

Doctor ENDORSES ALIENTO'S EXERCISE REGIME



Whilst going to the gym is the preferred fitness solution for some people, it's certainly not for everyone. Dr Sandra Martin talks about finding an effective and enjoyable alternative to traditional gyms for both herself and many of her patients.



Dr Sandra Martin
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Daily walks have always been an important part of Dr Martin's overall health regime but her sedentary job, coupled with the onset of menopause, had left her slowly gaining abdominal weight whilst losing muscle strength and tone. Cautious of gyms, Dr Martin was looking for a supportive, friendly environment to gently, rather than strenuously exercise, when she discovered Aliento.

"I have treated many patients who have been injured by using weights that were too heavy or by being pushed to do too much. Aliento has ensured that I am now re-developing unused muscles in a gentle, safe and effective way".

💡 I never imagined that I would actually enjoy exercise this way, but I love it! 💡

Aliento has 6 Shapemaster Powertone beds and 6 Easytone chairs that mobilise muscles through continuous passive motion - resulting in increased tone, flexibility and fitness, as well as improved posture. The equipment stretches and tones specific muscles without overloading or damaging them.

💡 Even after a couple of sessions, I found that my posture had improved. After two months, my muscles had toned and strengthened. I've lost many centimetres and I feel fantastic. 💡

Dr Martin notes that all of Aliento's equipment is extremely flexible so programs can be easily tailored to meet the diverse needs of each individual. Exercises are fully supervised at all times by accredited instructors and clients range in age from 16 to 80+. Depending upon their strength and fitness level, different exercises are undertaken.

When asked to describe who in the community would benefit most from an exercise regime like the one offered by Aliento, Dr Martin advised...

💡 Most women would benefit from Aliento's gentle workout schedule because it's suitable for those with limited fitness but it can be built up to an energetic workout as fitness improves. 💡

"I upgraded very quickly from an introductory 10 session package to a 12 month membership (no contracts) because I wanted to attend as often as possible. I visit Aliento 3-4 times a week."

Dr Martin also refers patients to Aliento...

"Many of my patients have musculoskeletal problems. They may have long-standing damage as a result of injury followed by long periods of incapacity. I treat them with laser acupuncture, which reduces inflammation in their tissues. I advise my clients that although my role is to break their cycle of pain, their role is to then rebuild their muscle strength to keep the pain under control."

In addition to how effective Aliento is as a fitness solution, workouts are relaxing and help to alleviate stress. Dr Martin goes on to say... "After a busy day, lying on the first bed as it gently rocks you into action engenders a wonderful sense of relaxation. This is followed by the inspiration to pick up the pace and finally, by the time you reach the vibration training section, you just want to continue for longer. The team at Aliento can be persuasive about trying new exercises to work on our deficiencies, but at our own pace".

Dr Martin describes Aliento as...

💡 Fun, relaxing, encouraging, therapeutic and effective. 💡

Regardless of age, weight or current level of fitness, you'll see results in weeks not months.

TRIM & TONE THE EASIER WAY!

POWER-ASSISTED EXERCISE PLUS PILATES.

**Aliento's gift to you...
a FREE 60 minute trial**

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FOR A HEALTHIER YOU?

Visit Aliento and experience the World's No.1 power-assisted exercise plus pilates program!

At Aliento, safety is paramount without compromising the fun elements of gaining and maintaining great health and fitness.

Endorsed by medical practitioners in **every continent**, Aliento's Shapemaster equipment is **GUARANTEED** to have you fitter, stronger and leaner within ten short sessions - or your money back!

“Shapemaster has found the optimum way to keep people fit and healthy through safe shaping of the human body” Dr Baker, NASA

“Despite my initial scepticism that gentle exercise could work, I have lost many centimetres particularly around my waist and stomach - which I was finding impossible to shift. I have noticed significant improvement in muscle tone and definition and a reduction in cellulite. I no longer suffer pain across my shoulders and back which has been part of my life for many years. Aliento has definitely had a positive impact on my stress levels and I am sleeping better than I have in the past. All in all, I think the results are amazing!” D Washington, Mount Waverley Vic

Benefits:

- Tones and strengthens the upper, mid and lower body
- Flattens the abdominal area
- Strengthens core muscles
- Accelerates weight loss
- Decreases joint stiffness and pain
- Slows the degenerative/ageing process
- Assists in reduction of high blood pressure
- Increases mobility and flexibility
- Increases bone density
- Improves posture and balance
- Increases metabolism and improves circulation
- Improves the cardiovascular system
- Promotes relaxation and rest
- Alleviates symptoms of depression
- Builds confidence
- Improves functioning of lymphatic and digestive systems
- Extends active life
- Variety of exercises to accommodate everyone's needs, limitations and fitness levels

A unique, complete body workout for women of all ages!



Flys and Thighs

Firms the inner and outer thighs, trimming and improving hip and shoulder mobility - simultaneously shaping the chest, shoulder and upper back.



Tummy Crunch

Gently firms and flattens the entire abdominal group of muscles while straightening the lower back - mobilising hips, knees and tightening the buttocks.



Posture Pullover

The moving pad gently lifts the ribcage, helping the chest to expand - strengthening the upper body whilst improving breathing, posture and upper body mobility.



Waist Away

A superb exercise to create a firm, narrow waistline, firm flat abdominals and adds strength and flexibility to the lower back.



Hipster

Gently tones and firms hips, buttocks, lower back and legs.



Bums and Tums

The unique movement of this machine helps to tone and flatten the buttocks, hips and tummy. Added vibrotherapy stimulates blood supply.



Waist Away

Double waist twist exercises the lower back, abdominals and waist.



Side Bend Stepper

Side bend and alternate step action exercises the waist, abdominals, arms, shoulders, legs, buttocks and lower back.



Chest and Legs

Vertical row, chest press, leg press exercises the abdominals, lower back, buttocks, legs, hips and waist.



Flys and Thighs

Reverse fly, thigh abduction and adduction exercises the upper back, abdominals, shoulders, chest, arms, buttocks, hips, inner and outer thighs.



Tummy Crunch

Sit up, knees to chest, torso extension exercises the abdominals, lower back, buttocks, legs, hips and waist.



Seated Climber

Alternate lat pull downs, shoulder press & leg step exercises the shoulders, arms, upper back, legs, waist and abdominals.